

COMPETITION

The 1,600 mile race to the White House is open to everyone eligible to use the east and west fitness centers. The first person to reach 1,600 miles on either a treadmill, bike, cross trainer, rower, track or stepper wins the race. Receive a free water bottle for registering. For details, contact the west fitness center at 846-1068.

BASEBALL

Basic baseball techniques is offered for 6- to 12-year-olds, **every Friday**, 4:30-6 p.m. Call 846-4092.

GOLF

First Swing into Spring Golf Outing with Kirtland Knights of Columbus Council 8230 is **April 15** at Tijeras Arroyo Golf Course on Kirtland. Event

includes double gunshot format with mulligans for sale, putting competition for men and women. Registration is at 11 a.m. Call Francisco Garcia, 242-7709.

Tijeras Arroyo Golf Association two-person scramble tournament is April 16. Shotgun start is 8 a.m. at the golf course. Team handicap is 75 percent of the lowest handicap on the team. Fee of \$20 includes tournament fee and lunch only. The event is open to members only. Call Rich Loux at 620-6852 or Ron Mercer at 332-3155.

SOCCER

The Red Devil soccer match against the Penguins is Sunday, 3 p.m., at Farmers 13 Insurance Soccer Tournament Complex, north from state road 528 off state road 550, just west of casino entrance. Turn north. Players and spectators should have their own water.



April Showers Sale
at Tijeras Arroyo Golf Course Pro Shop

Umbrellas, rain suits, selected jackets and wind breakers
15% Off
Regular Price
April 1-30
Call 846-1574

HEALTH & FITNESS

Running shoes 101: Why do we need them?

(Part 1 of a three-part series)

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During the 1960 Rome Olympics, Ethiopian marathoner Adebek Bikila became a household name after shattering the world record by posting a time of 2:15:16. World records fall during almost every Olympics, but what made Bikila's time remarkable was that he completed the 26.2-mile race barefoot.

Most of us would never think of duplicating Mr. Bikila's feat, much less execute it. But if he can do it—at a world-record clip, to boot—why do we need to wear running shoes? Do they really differ from any other type of athletic shoe or are they just a fashion statement—and a pricey one at that?

These questions are important for a number of reasons—the least of which is your well being.

"There are three main reasons people get hurt running," said Gary Schancer, Kirtland's exercise physiologist. "First is the wear and tear created by running on a hard surface like asphalt or cement. Second is overuse—going out too hard when you first start training. Third is the wrong choice of running shoe."

The bottom line is that running shoes are the foundation of your body during exercise activity, and can prevent a host of runner-related injuries including shin splints, runner's knee, plantar fasciitis and sciatica.

"My father used to say, 'You need a good bed and good footwear because you're in them all your life,'" said Stan Hockerson, a renowned shoe designer and Albuquerque resident.

What separates running shoes is motion control technology. This means that unlike basketball shoes, wing tips or cross-trainers, running shoes are designed to correct weaknesses in our gait. When running, striking the pavement at an odd angle with a force equal to your weight would be bad enough for your body, but while running we strike the ground at a force of three and a half times our weight.

In explaining motion control, Mr. Hockerson uses the example of standing on a couch cushion. "If you stand on a couch, your feet will automatically go toward their weakness."

In any shoe that you wear on your feet you are elevated off the ground and the softer the material used in the shoe, the more opportunity there is for motion (like standing on the couch). Motion control technology ensures that your feet stay in alignment.

Motion control technology supports your feet, ensuring that they don't strike the ground and expose these weaknesses. If your foot isn't properly sup-

ported by the shoe, your body falls out of alignment to absorb proper shock. This is why most running-related injuries are tied to a poor choice of footwear.

What kind of weakness am I talking about? According to Mr. Hockerson, almost everybody pronates. "Out of 1,000 runners, 990 pronate, that's not a small percentage," said Mr. Hockerson. "And almost 100 percent of women pronate because their hips are a little wider than men's."

Pronation is not a form of patriotism, but the flattening out of the arch when the foot strikes the ground. Normally, the foot pronates for shock absorption when your heel strikes the pavement as a balance assist, causing the ankle to unnaturally lean toward the inside. Because pronation causes the body to overcompensate, a host of ankle and knee injuries are primed, waiting to happen.

If some Airman were so bold as to imitate Bikila, odds are that they would get injured. "Bikila was barefoot most of his life," said Mr. Hockerson, "For most of us, our fat pads are not developed enough nor is our skin developed for the wear. I'd bet a paycheck that anyone trying that couldn't finish."

In part two of this series, we'll cover when you need new shoes, and part three will cover what to look for when you're picking them out.

BLOOD

United Blood Services blood drives on Kirtland Air Force Base are:

Sandia National Laboratories:

Tuesday, 7:30 a.m.-1 p.m., Bloodmobile will be in front of Building 823, **April 12**, motorpool complex, 7:30 a.m.-1 p.m.;

Air Force Research Laboratory, **Thursday**, 9 a.m.-2 p.m., in the Bloodmobile at Aberdeen and Carlisle Boulevard.

BRIEFINGS

Pre deployment briefings at the family support center are **every Monday, Wednesday and Friday**, 10 a.m. or 2 p.m., and **Thursdays** at 5 p.m. Personnel and their family members may register for the Hearts Apart program. Call Master Sgt. Lloyd McKenzie or Jane Gates at 846-0741.

Pre separation briefings are available by appointment at the family support center. The briefing is mandatory for all separating or retiring military personnel. Appointments must be at least 90 days before separation, retirement or terminal leave. Call 846-0741.

Upcoming suicide prevention briefings are: April 14 and Aug. 9, each at 7:15 a.m., noon and 3 p.m., in Building 201.

A briefing on the thrift savings plan withdrawal program is Wednesday, 12:30-2:30 p.m., in room 7 of the Air Force Research Laboratory conference center, Building 201, at 1750 Kirtland Drive Southeast. The briefing is for all federal employees covered under the Federal Employees Retirement System and the Civil Service Retirement System and for military personnel.

Presenter is Paula Gradwell of the Federal Thrift Investment Board. Admission is free and offered on a first-come, first-served basis. To secure a slot in the briefing, complete a registration form with geraldine.lujan@kirtland.af.mil.

“An Overview of the Thrift Savings Plan” by Paula Gradwell is Tuesday, 7:30-11:30 a.m. and 12:30-4:30 p.m., and **Wednesday**, 7:30-11:30 a.m., in room 7, Air Force Research Laboratory conference center building 201, 1750 Kirtland Drive Southeast. Ms. Gradwell is from the Federal Retirement Thrift Investment Board, Washington D.C.

EVENTS

Armed Forces Day banquet, May 14, is sponsored by the Greater Albuquerque Chamber of Commerce at the Hyatt Regency Albuquerque. The banquet honors 14 outstanding military members from all branches of service, including Guard and Reserve. Representatives of the USS Albuquerque will also be present. Tickets are \$35 a person or \$350 for a table for 10. For information or a reservation, call Jim Teet at 846-4239 or the chamber at 764-3743.

Trinity Site National Historic Landmark Tour, conducted by the National Atomic Museum, is **Saturday**. The tour includes docent lectures, a walk to Ground Zero, viewing of Jumbo and a visit to the McDonald Ranch House. Lunch is at New Mexico Tech. Cost is \$50 a person. Call 242-6083.

The fifth annual Memorial Day Half Marathon sponsored by Albuquerque is May 29, starting and ending at the New Mexico Veterans Memorial Park, 1100 Louisiana Boulevard Southeast, just north of Gibson Boulevard. The race begins at 6:50 a.m., and a five-

kilometer run is at 7 a.m. A children's one-mile fun run starts at 8:45 a.m. Kirtland needs 12 team leaders and 150 volunteers to help run the event with the city. All volunteers receive a T-shirt and custom pin. Contact Lesley Sparks, fitness center director, at 846-5100 or 846-1102.

Community College of the Air Force graduation ceremony is April 26, 2 p.m., followed by a reception, in the Mountain View Club. All Team Kirtland members are invited.

Kirtland Riders Association monthly ride is Saturday, weather permitting. For details, contact Tom Medland at 853-6109 or Ed Viale at 853-5245.

MEETINGS

Military Widows and Widowers Group meets Saturday, 9:30 a.m., in Kirtland Chapel annex. The organization offers members friendship, interests in many activities and current information on Legislative issues that pertain to the group members. The April 2 program is the Gotta Dance Line Dancers. Contact Mary Lou Cooper at 296-2193.

